



Tobacco Prevention Resources

?? Why Quit??



Your Health

Regardless of a smoker's age, smoking history, or health status, there are benefits to quitting smoking:

- Quitting smoking decreases the risk of lung cancer, and many other kinds of cancer, including cancer of the mouth, voice box (larynx), bladder, kidney, pancreas and cervix
- Smoking causes premature wrinkling of the skin, bad breath, bad-smelling clothes and hair, and yellow fingernails
- People who quit smoking live longer than those who continue to smoke

Cost

Smoking is expensive. To figure out how much you spend on cigarettes per year: multiply the number of packs you smoke per day (be honest) by the cost per pack. Then multiply by 365 days per year. Multiply the cost per year by 10 (for the upcoming ten years of smoking). What would you rather do with that much money?

Setting an Example

Children whose parents smoke are more likely to start smoking themselves. You can become a good role model for them by quitting now (and protect them from secondhand smoke).

When smokers quit - the benefits over time

- **20 minutes after quitting:** blood pressure drops to a level close to that before the last cigarette. Temperature of hands and feet increases to normal
- **8 hours after quitting:** carbon monoxide level in the blood drops to normal
- **24 hours after quitting:** chance of heart attack decreases
- **2 weeks to 3 months after quitting:** circulation improves; lung function increases up to 30%
- **1 to 9 months after quitting:** coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection
- **1 year after quitting:** excess risk of coronary heart disease is half that of a smoker's
- **5 years after quitting:** stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- **10 years after quitting:** lung cancer death rate is about half that of a continuing smoker's; risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- **15 years after quitting:** risk of death for ex-smokers returns to nearly the level of persons who have never smoked

